

S.L.A.A. 12 and 12 Book Project – Sample Tradition Sharing Sheets

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Tradition 1: Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.

This Tradition reminds me that we, S.L.A.A. must stay united in purpose. I must put the purpose of the S.L.A.A. groups, intergroups and Fellowship as a whole ahead of my own wants. This is difficult for a self-centered person like me to do. My whole life I have tried to put me, my wants and desires, ahead of everything and everybody.

But this Tradition gives me a significant reason to do so. My recovery depends on S.L.A.A. unity. I cannot recover without the Fellowship. I am powerless on my own, but with the Fellowship to lean on, to look up to, to follow, I can find a Power that will keep me sober. And as we will find out soon, our purpose is to carry our message to the sex and love addict who still suffers. I must make this the primary focus in my life. If S.L.A.A. fails I will perish along with it.

Tradition 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

I still remember my first experience with Tradition 4. My home group had been discussing whether or not people could make announcements in S.L.A.A. meetings that have to do with parties and socials that S.L.A.A. members were invited to attend. A group conscience had been called and, as luck would have it, I had signed up to chair the meeting on that day. I felt uncomfortable, to say the least, because I sensed this could become a very heated discussion. Both sides were convinced that they were "right."

Thinking I would head off this debate, I emailed FWS and asked them the correct way this should be handled. I wanted an official "right answer." But what I received was a reminder of Tradition 4—Each group should be autonomous.... At the beginning of the meeting I told the group about the FWS response, essentially making the point that there was no "right answer." Operating on that premise, we were free to discuss all aspects of the issue and finally take a vote. I was relieved when it was over. I noticed another meeting I attended handled this just the opposite from what our group had decided, but I know that's ok because of Tradition 4.

Tradition 10: S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never to be drawn into public controversy.

The dust is still settling from our latest presidential election. This event has been on the minds of the public for months prior to the event. I guess it should come as no surprise that the controversy had a tendency to creep into S.L.A.A. meetings. Several weeks back, I listened to a member of our group share. She was distraught that she and her new husband had just had a fight (I seem to remember her saying it was their first since the vows were spoken). She was totally outraged when he had announced his intentions to vote for the "other" party's candidate... the "wrong" one in her mind. I sat there silently empathizing with her, knowing I'd probably feel the same. Then I realized I felt the way I did because she and I supported the same candidate. What if I supported the candidate her husband had chosen, the "wrong" choice? I can easily imagine how torn I might have felt sitting there listening to her express her anger... how easy it would be to take her statements personally... the defensiveness that would surely run through my veins... in short, how divisive this issue could become.

It was then I was reminded of the importance of Tradition 10. As a group, Sex and Love Addicts Anonymous has no opinion on outside issues. We try to avoid being drawn into public controversy. In S.L.A.A. we talk about relationship issues all the time. We express our feelings about disagreements we have. That's a big part of the benefit of our meetings, but it's clear to me that I need to be careful to filter what I say so as not to cross that line into "public controversy." How do I know where that line is? For me, I find it when I remember to go to my Higher Power for guidance and gratitude.